

SCHEDULE



Young Sita Meditation Online gathering over the turn of the year 2020/21

time / date	sunday, dec 27th	monday, dec 28th	tuesday, dec 29th	wednesday, dec 30th	thursday, dec 31st	friday, jan 1st
	optional				half sunday	sunday
8:00	<p>welcome to the first Young Sita online meditation retreat ever!</p> <p>you are welcome to invite friends or meet in small groups somewhere close to where you live (if governmental restrictions in your area allow it)</p> <p>-</p> <p>or just join by yourself from home.</p>	breakfast	breakfast	breakfast	breakfast	breakfast
9:00		ONLINE: welcome by Susanne	ONLINE: meditation instruction from different places	ONLINE: meditation instruction from different places	ONLINE: meditation instruction from different places	
9:30		opening circle	meditation session	meditation session	meditation session	
10:00		talk and meditation instruction by Karl				ONLINE: meditation and closing circle
11:00			talk and discussion with Karl	talk and discussion with Karl	talk and discussion with Karl	
12:30			lunch	lunch	lunch	lunch
13:00		offline time	offline time	offline time	offline time	<p>all offerings are optional.</p> <p>we invite you to follow the schedule as much or as little as you like.</p> <p>-</p> <p>you are of course also welcome to practice according to the schedule without joining via video.</p>
14:00						
16:00		optional offerings tba	optional offerings tba	optional offerings tba	optional offerings tba	
17:30	arrival					
18:30	dinner	dinner	dinner	dinner	dinner / party	
19:30	offline time	ONLINE: meditation	ONLINE: meditation	ONLINE: meditation	ONLINE: meditation	
20:00		open space for sharing your day	open space for sharing your day	open space for sharing your day	open space for sharing your day / sharing your party	
20:30		offline time	offline time	offline time		
23:45 - 00:15					ONLINE: meditation followed by happy new year words	

for more info visit www.youngsitameditation.com
or contact us directly: info@youngsitameditation.com



online offerings



optional shared offline activity



info